

## TAP NEWS

## December Announcements

- By the end of this semester all mediators will be trained for virtual mediation.
- We have completed two Zadeck TAP Mentor presentations and have many more mentors ready for the spring semester. Schools can contact us to schedule a time for a [Zadeck TAP Mentor](#) presentation.
- The first school to log 10 informal mediations before the end of 2020 will receive TAP drawstring bags.
- The first mediator to log 20 mediations will receive a TAP sweatshirt.



## SPOTLIGHT ON SITE COORDINATORS

## We're Thankful for Our Site Coordinators



We would like to thank our Site Coordinators for their continued commitment to TAP and their school communities. TAP Site Coordinators work hard to ensure that all our mediators receive the help and support they need to mediate successfully. Their dedication to conflict resolution is what helps propel TAP forward.

## ZADECK TAP MENTORS

## Zadeck TAP Mentor Chevon Chatman

Whitten and Kirksey shared in an engaging Zadeck TAP Mentors presentation with Chevon Chatman, the Lead Organizer of [Working Together Jackson](#). Chevon shared that her upbringing on the south side of Chicago prepared her for a career in

conflict resolution. Chevon sees conflict as an opportunity for growth and positive change. It is her hope that mediators utilize their skills to help combat the negative connotation of conflict. [Click here](#) to watch the highlights from this session.



## STRATEGY OF THE MONTH

### Tune in to Your Emotions

#### I-Statements

##### I feel...

Identify the feeling.

##### I need...

Communicating your needs helps the people around you help you.

##### I can...

Brainstorm your strengths, how you have succeeded in the past, and what you can contribute now.

##### I will...

Decide what you will do to resolve the problem to reach your desired outcome.

Conflicts can arise for a number of reasons, especially when someone doesn't feel heard or understood. Demonstrate your skills as a mediator by using I-Statements when you are in a conversation in which your needs are not being met. I-Statements can help you tune in to your emotional needs while minimizing miscommunication and misunderstanding. Share this skill with your friends and family to help build better communication.

## LOG YOUR MEDIATIONS

### Google Form Makes Logging Easier

Mediators and Site Coordinators, click the link below to access a Google Form to quickly and easily log your mediations.

**Middle Schools:** A Site Coordinator logs the mediation, and mediators may but are not required to.

**High Schools:** A Site Coordinator logs the mediation as well as at least one mediator.

[Click here to fill out the form.](#)

For more details on how to use this form, view our handy guide [here](#).

## STAFF PICK

### Meditating Mediators



As 2020 comes to a close take time to check in with yourself and hone in on what you are grateful for this year. [Headspace](#) offers a free 10-minute guided gratitude meditation. "A grateful meditation is not about becoming desensitized to suffering or social injustice, it's a way of bringing us back to a place of personal reflection."

*Rianna says: "2020 has been a year of flooded with a multitude of emotions. During such trying times it is easy to get swept up in it all. In this season of giving, give yourself the gift of time: time to reflect, disconnect, and reassess some of your experiences from the past year."*

## PRACTICE ROLEPLAY

#### Jack:

I was really proud that I learned the newest TikTok dance and I wanted to show it off, so I posted it on TikTok. Nick did a duet of it making fun of me. Everyone started commenting on how bad of a dancer I was.

#### Nick:

Jack finally got put in his place when I did a duet to his TikTok. Everyone in the comments made him see how lame he really is. I can't even believe he would post that on TikTok in the first place.

#### Impact Statement for Jack:

#### Impact Statement for Nick:

For more information contact us at 601.362.6357 or [engagement@isjl.org](mailto:engagement@isjl.org).

TAP is sponsored by the ISJL.

**THIS IS ISJL:** [www.isjl.org](http://www.isjl.org)

**Call Us:** [601-362-6357](tel:601-362-6357)

**We're social!** [Like us](#), [follow us](#), and [read our blog!](#)



Goldring/Woldenberg Institute of Southern Jewish Life | P O Box 16528, Jackson, MS 39236

[Unsubscribe {recipient's email}](#).

[Update Profile](#) | [About our service provider](#)

Sent by [engagement@isjl.org](mailto:engagement@isjl.org)